



2005 CHINFO  
Merit Awards

# Great Lakes



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# Bulletin

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Your Navy Starts Here

July 28, 2006

## NAVFAC Midwest holds change of command

By **KRISTEN M. ELLIS**  
NAVFAC Midwest Public Affairs Officer

Capt. Bob Gibbs will relieve Capt. H. Ramé Hemstreet as commanding officer of Naval Facilities Engineering Command Midwest at a change of command ceremony Aug. 3 at 10 a.m. at Ross Field.

Hemstreet took the helm as first commanding officer of NAVFAC Midwest in July 2004 when the former Public Works Center Great Lakes and Engineering Field Activity Midwest merged and NAVFAC Midwest officially stood up. NAVFAC Midwest led the way in NAVFAC's transformation and was the first of the 10 facilities engineering commands to stand up.

Hemstreet's next assignment is as operations officer at NAVFAC headquarters at the Washington Navy Yard in Washington, D.C.

Before taking command at NAVFAC Midwest, Hemstreet served as deputy regional engineer for Commander U.S. Naval Forces Japan from June 2002 to June 2004.

The captain attended Tulane University on a Navy Reserve Officer Training Corps scholarship and was commissioned an ensign in the Civil Engineer Corps upon graduation in 1982.

His first assignment was as an assistant resident officer in charge of construction in Newport, R.I. His next tour was as ROICC Palau and Yap, reporting to the officer in charge of construction Marianas. In 1986, Hemstreet reported to Commander FAIR Mediterranean in Naples, Italy, as the NATO infrastructure officer and assistant staff civil engineer. En route, he spent six months at the Defense Language Institute in Monterey, Calif.

He is a veteran of Naval Mobile Construction Battalion 40; during his 30 months with the Seabees, he deployed to Operation Desert Shield/Storm at Naval Air Station Sigonella, Sicily, Italy, as the officer in charge and to Operation Restore Hope in Somalia. He then reported to Public Works Center Yokosuka, Japan, in July 1993 where he spent two years as the Japanese facilities

improvement program/planning officer, followed by a year-and-a-half as production officer.

From 1996 to 1998, Hemstreet was on the OPNAV staff in the shore installation management division, developing and implementing the regionalization and installation claimant consolidation initiatives. Between September 1999 and June 2001, he was the PWO/ROICC/OICC at Marine

Corps Base Camp Pendleton. In mid-2001, he returned to Japan as the executive officer of PWC Yokosuka.

Hemstreet has a master of science degree in construction management from University of California at Berkeley, a master of science degree in national security studies from the National War College, and in 2003, he completed the executive program at Darden Business School at the University of Virginia.

His personal decorations include the Legion of Merit, Meritorious Service Medal (gold star in lieu of fifth award), and the National War College Commandant's Award for Writing Excellence. He is a registered professional engineer in Minnesota and Virginia.

"When I look back on my time as the CO, it won't be the projects that I remember, though we have built many, but the people of NAVFAC Midwest who I will recall fondly. They are dedicated to the Navy and the nation, and can be very proud of their contributions to both," said Hemstreet.

Gibbs' previous assignment was as NAS Sigonella's public works officer since May 2004.

The captain was commissioned in 1994 via the NROTC scholarship program at Pennsylvania State University. After attend-

ing Surface Warfare Officer School Basic in Newport, Gibbs reported to the cruiser USS Biddle in January 1985, where he served as the gunnery assistant and damage control assistant until June 1987.

After qualifying as a surface warfare officer, Gibbs requested and received a lateral transfer to the Civil Engineer Corps. He has

served tours as AROICC, Philadelphia; director of facilities management for Commander, Undersea Surveillance, U.S. Atlantic Fleet in Virginia Beach, Va.; PWO, Naval Security Group Activity Northwest in Chesapeake, Va.; ROICC Guam; operations officer, Amphibious Construction Battalion 2 in Virginia Beach, Va.; Seabee enlisted community manager; and engineering operations officer, U.S. Joint Forces Command in Suffolk, Va. His personal decorations include the Defense Meritorious Service Medal, Navy Meritorious Service Medal, Joint Service Commendation Medal.

Gibbs is a seabee combat warfare officer, surface warfare officer, and is a registered professional engineer in Pennsylvania.

The incoming commanding officer said, "I'm excited to be here." Gibbs continued, "I am looking forward to leading NAVFAC Midwest and to provide quality service to our many clients."



**Hemstreet**



**Gibbs**

### Touching all bases

BMC(SW) Les Thomas runs through different sized agility rings to simulate the lateral movement of the ship. Called "Bases," the program is Recruit Training Command's (RTC) newest addition to their PT program that addresses shipboard physical requirements. See page four for the story. Photo by MC1(AW/SW) V.K.Schaefer



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### Now hear this!

**Retired Navy diver Carl Brashear died July 25. The retired master chief was 75. For the story turn to page 21.**

### 'Schedule school physicals'

GL Medical Clinic now taking appointments.

**SEE PAGE 9**

### Find out what's happening at Great Lakes!

Visit the Great Lakes official websites at [www.nsgreatlakes.navy.mil](http://www.nsgreatlakes.navy.mil) and [www.nstc.navy.mil](http://www.nstc.navy.mil)



# MMSO holds change-of-charge ceremony

By MMSO  
Public Affairs

Capt. Janee L. Przybyl will relieve Capt. Robert S. Wright as officer in charge of the Military Medical Support Office at a change of charge ceremony on July 28 at 11 a.m. at the Naval Hospital Corps School.

MMSO is the central location for all military branches for TRICARE Prime remote populations and for all remotely located reserve component populations for oversight of the healthcare contractors’ management of medical and dental healthcare. MMSO also has oversight of all mortuary services for the Navy and Marine Corps.

Wright has served as officer in charge of MMSO since August 2004. He is retiring after 32 years of naval service. Przybyl is coming from her most recent assignment as commanding officer of the Naval Health Clinic at the Marine Corps Base in Quantico, Va.

Wright joined the Navy in 1974, attending hospital corps school and aviation physiology “C” school before reporting for his first permanent duty station at the Naval Hospital, Cherry Point, N.C. After four years he transferred to the Naval Aerospace Medical Institute, continuing as an instructor in the aviation physiology training program. While stationed there he completed his bachelor of science degree prior to transferring back to Cherry Point. In 1983 he was commissioned an ensign in the Medical Service Corps.

Wright’s first commissioned duty assignment was the Naval Hospital, Orlando, Fla. There, he rotated through various assignments, first as head, operating management department followed by assistant officer in charge, branch medical clinic, recruit training command, then head, manpower department and finally, head, supply department.

In 1986 he was assigned to the Naval Medical Command, Washington, D.C. in the accounting and financial systems divisions. Wright began his first field comptroller assignment at the Naval Dental Center, Orlando, Fla., followed by a tour as the comptroller at the Naval Hospital in Orlando. He was the last active-duty person to leave Naval Hospital, Orlando, turning over the keys to the Veterans Administration on June 30, 1995 as a result of BRAC. He then reported to the Naval Healthcare Support Office in Jacksonville, Fla. for a three-year assignment as comptroller.

Upon completion of the tour in 1998, Wright reported to the Naval Healthcare Support Office, San Diego, again, as the comptroller. In June 2000, he reported as the director for resources/comptroller at Naval Medical Center Portsmouth followed by assignment at the Naval Hospital, Pensacola, where he has served as the director for admin-

istration and as director, resource management and comptroller.

Wright’s awards include the Navy Meritorious Service Medal with three Gold Stars, Navy Commendation Medal with two Gold Stars, Navy Achievement Medal, and Good Conduct Medal with Bronze Star.

A native of Fairmont, Minn. Przybyl was commissioned as an ensign in February 1979, after graduating from the College of St. Benedict in St. Joseph, Minn., and the University of Minnesota internship for registered dietitians. Her first assignment in the Navy was at the Naval Hospital in Camp Pendleton, Calif., where she held the positions of division head and department head of the food management department. During her Camp Pendleton assignment she was promoted to lieutenant junior grade and then lieutenant.

In December of 1984, Przybyl was transferred to the National Naval Medical Center, Bethesda, Md., as the administrative dietitian. Immediately following her tour at NNMC she attended the University of Maryland in College Park, Md., and received her MS degree in foodservice administration. She earned her master’s degree and was promoted to lieutenant commander in 1990.

In July, 1990, Przybyl was transferred to the Naval Hospital in Jacksonville, Fla., where she served as head, food management department. Then

In October of 2003, she transferred to Balboa Naval Hospital in San Diego, Calif. and assumed the position of associate director of seven diverse departments including facilities management, bachelors’ quarters, morale, welfare and recreation, material management, security and foodservice. She was also assigned the position as executive officer of Fleet Hospital 1 and was promoted to the rank of commander in 1996.

From August 1996 to 2000 she returned to the National Naval Medical Center and was assigned the position as assistant director of operations and the surgeon general’s specialty leader for all Navy dietitians. She was promoted to the rank of captain in July 1999 while stationed at NNMC.

In August 2000 she became the deputy at the Portsmouth, New Hampshire Naval Ambulatory Care Center working to improve patient care throughout New England.

In May 2003 she served as commanding officer of the Naval Health Clinic at the Marine Corps Base in Quantico, Va.

Her personal awards include the Meritorious Service Medal with two gold stars, Navy and Marine Corps Commendation Medal with one gold star, and the Navy and Marine Corps Achievement Medal with one gold star.



Cadets look over plans and figure measurements before attempting a welding project at Hull Technician “A” School. *Photo courtesy of Sea Cadets*

## Sea Cadets take a look at Navy training

By EVA KOWALSKI  
Training Support Center

Sea Cadets got the real deal at Center for Naval Engineering (CNE) Learning Site, Great Lakes during a two-week training program July 9 - 21.

Dealing with the same subject matter as junior Sailors enrolled in the Basic Engineering Common Core course and following the same Navy schedule, 32 cadets from the ages of 13 to 18 were given a chance to see what goes on from the inside out. Another 26 cadets participated in the Basic Advance Corpsman course at Naval Hospital Corps School.

During the two week training at CNE cadets participated in hands-on and theoretical study becoming familiar with propulsion and auxiliary systems, pumps, valves, strainers, fuel and lube oil systems.

“About 60 percent of Sea Cadets when they graduate from high school join some branch of the military. If they think they want to be engineers this gives them two weeks to figure out for sure if it’s something they really like...they’re making an informed decision when they enlist,” said Lt. j.g. Brian Kobleur, Sea Cadets Commanding Officer for the combined summer training program.

In addition to computer-based training, the cadets participated in a firefighting and flooding exercise at the Damage Control training facility, which is where engineers are trained to deal with emergency situations that may occur aboard a Ship. As part

of the training they learned how to extinguish flames and how to stop flooding in the wet trainer. They also participated in a welding class at the Hull Technician “A” School and toured the gas turbine, steam and diesel propulsion engineroom training facilities at CNE.

Following the end of the engineering training day, the cadets participated in physical training with Sailors from Bachelor Enlisted Quarters USS Farragut.

Cadet Seaman Kerri Henderson, 17, from Roscoe, Ill., who has been in the Cadet Corps for more than a year, said she enjoyed the hands-on training.

“I’m interested in (pursuing) engineering as a career so I thought this would be a good experience to get a feel for it,” said Henderson.

After completing the two-week program Cadet Chief Jason Rothrock, 17, of San Diego, Calif. will be at an advantage when he begins recruit training in July 2007.

Rothrock, who has been in the Sea Cadet Corps for four years, has chosen the Damage Controlman rating.

“My family’s been in the Navy for a while,” he said.

This is the second year cadets who come from all parts of the country have participated in this type of training at Great Lakes.

“There is no age or rank requirement ... this (training) is an elective, open to any Sea Cadet with an interest in Naval Engineering,” said Kobleur.

“This is excellent training,” he added.

## SGLI premium rate changes take effect July 1, 2006

*Special release from the U.S. Department of Defense*

WASHINGTON (NNS) — Effective July 1, 2006, the monthly premium rate for basic Service Members Group Life Insurance (SGLI) increased by 5 cents per month for each \$10,000 of coverage, from 65 cents per month per \$10,000 to 70 cents per month per \$10,000. Family SGLI premiums will decrease across the board.

The most recent SGLI premium change occurred in July 2003 when the monthly premium rate for basic SGLI was reduced from 80 cents per \$10,000 of insurance to 65 cents per \$10,000. That change was made to reduce surplus reserve funds in the program. A small increase in the SGLI premium rate is now necessary for the program to remain in sound financial condition, while covering the cost of peacetime

claims. It is important to note that the cost of wartime SGLI claims is borne by the uniformed services, not by service members.

As a result of this increase, members who have the maximum \$400,000 of SGLI coverage will see their monthly SGLI deduction from service pay increase by \$2 a month, from \$27 to \$29, beginning with their July 2006 pay. This monthly SGLI premium includes a \$1 per month charge for Traumatic Injury Protection coverage, which took effect Dec. 1, 2005 and provides payments of up to \$100,000 for serious traumatic injuries.

Also effective July 1, 2006, Family SGLI monthly premium rates were reduced for all age groups by an average of 10 percent. The new rates reflect better-than-expected claims experience for each age group in the Family SGLI program. The current and revised premium rates are shown in the table at [www.defenselink.mil/releases/2006/nr20060614-13247.html](http://www.defenselink.mil/releases/2006/nr20060614-13247.html).



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# New leadership program instructs Sailors how to teach

## REDCOM MIDWEST participates in pilot at reserve center

By **EVA KOWALSKI**  
Training Support Center

Just because you know something doesn't mean you know how to teach it.

Recognizing that teaching is a separate skill, Center for Naval Leadership (CNL), Norfolk, Va. has introduced the Workspace Trainer (WST) Qualification program. The program, which focuses on improving communication and raising the quality of instruction during on-the-job training (OJT), was piloted July 24–28 at the Chicago Navy Operational Support Center (NOSC), located at Great Lakes, by 26 reserve, active-duty and full-time support (FTS) Sailors stationed at each of the NOSCS that make up Naval Reserve Readiness Command MIDWEST (REDCOM MIDWEST).

"OJT is based on subject matter expertise ... the WST teaches instructional technique," said Stephen Berk, integration team leader, Instructional Delivery Continuum (IDC), CNL, Norfolk, Va.

OJT is an important method of training utilized by the Navy. In particular junior Sailors rely on OJT when they first report to the fleet.

The program is a Revolution-in-Training initiative designed to help achieve optimal performance in the fleet by improving the channels of communication via which information is transmitted and received.

"We're teaching people to listen actively, to get feedback from people and to analyze it," said Berk.

During the week-long workshop, the REDCOM MIDWEST FTS, active-duty and reserve-apprentices were assigned primary trainers, who have an instructional background and in most cases a master training specialist qualification, to guide them through the stages of the WST qualification process.

"The program covers elements of effective communication where people practice active listening techniques including body language, posture, raising your energy level, and asking questions as a student," said Berk.

During the workshop, apprentices participated in listening exercises with their trainers and worked in groups to discuss and deconstruct the behavioral learning process.

"It's a command sponsored qualification program," stressed Berk, adding that the program is available to all Navy commands and provides certification upon completion.

"This program will help improve active reserve integration," said PSC(SW) Carey Dietsch, assistant department head and leading chief petty officer of operations and training for REDCOM MIDWEST.

"It also improves safety and operational management, enabling Sailors to communicate more effectively," he said.

HM2 Gretchen Vermeylen, NOSC



ET1(SW) Dave Kunz (left), a selected reservist, and YNSR David Carlton, USN, discuss a lesson plan during the workspace trainer qualification workshop. *Photo by Matt Mogle*

Lansing, Mich., who is attending the WST qualification workshop said, "This program provides good guidelines on how to perform training."

Vermeylen, who is active duty FTS said the program will enable reservists to get more involved with training at her NOSC. BM3 Fredrika Phillips, who is a reservist at the same NOSC, has been designated as a primary trainer.

"I conduct on-the-job training everyday because I'm a special ed. teacher, but this definitely helps, not only in the military, but in your regular civilian life," she said.

"Reserves have to teach general military training. This will provide them with training technique so that they can provide more effective instruction," said Berk.

Information about the WST qualification program is available on NKO.

# MCTP offers exceptional opportunity to all who qualify

By **JIM BOYLAN**  
Bulletin Associate Editor

Military Career Transition Program (MCTP), a group affiliated with Troops to Teachers, helps active and retired service members, including Coast Guard, their spouses and Department of Defense employees, gain the training they need to become elementary, middle and secondary school teachers.

The program was developed at Old Dominion University, Norfolk, Va. in 1988 and has more than 2,000 graduates teaching in 49 states. The program is an exceptional professional opportunity that efforts to meet the increasing demand for teachers around the country.

The MCTP is designed with the needs and interests of the military person and their spouse in mind. The program is a graduate, off-campus, evening and weekend program specifically toward those in the military and DoD personnel and their spouses.

Upon completion of the master in education and additional state licensure requirements, participants are eligible for licensure in the Illinois. Licensure grade levels include elementary education (PreK-6), middle school (6-8), and secondary (6-12); endorsements are available in the areas of math, sciences (earth science, biology, chemistry, and physics), English, social studies and technology education.

Participants seeking technology educa-

tion may do so in a program at the undergraduate and graduate level offered through the Department of Occupational and Technical Studies. The program offers courses through distance learning, on-line working and in-class sessions. This is the type of program that caters to the need of the military members.

"Within the State of Illinois we have developed a great relationship with Dr. Gary Davenport, director, "Troops for Teachers" Program. By residing in Illinois, veterans can qualify for the program by having a qualified BA degree," said Donn Merritt, of Fleet and Family Service Center.

Also the Illinois Department of Veterans Affairs can greatly assist and guide you in matters of enrollment, financial assistance,

and veterans assistance. "They will guide your through the process and make sure that the schools, courses or programs are approved, that they (school) accepts the GI Bill and that all credits are transferable to the college(s) you choose when you are in the MCTP," added Merritt.

For more information on the MCTP please contact Merritt at the Naval Station Fleet and Family Service Center AT (847) 688-3603, ext. 141 or the Navy College Office, Life Long Learning Center, Great Lakes, Bldg. 617, Room 220 or call (847) 688-4681, ext. 216/219 or visit [www.odu.edu/mctp](http://www.odu.edu/mctp). For the Illinois Department of Veterans Affairs phone (312) 814-2460 and ask for Johnny Smith at ext. 3353 or Robert Young, ext. 3355.



## Korean students visit

QM1 Jeffery Sillery shows Korean students from the Korean National Assembly Youth Exchange program how the anchor functions onboard a ship on the deck of the USS Whitehat at Seaman Apprentice Training Division. The five students and two escorts spent Monday touring Recruit Training Command, Training Support Center, and the Life Long Learning Center. *Photo by Matt Mogle*



# New PT curriculum at RTC parallels shipboard duties

By MC1(AW/SW) V.K. SCHAEFER

BASES (Balance, Agility, Strength, Explosion, and Stamina) is Recruit Training Command's (RTC) newest addition to their physical training (PT) program that addresses shipboard physical requirements. The new PT program, together with BASES, was established to safely address declining trends in youth fitness. RTC initiated a pilot program in November 2005 and fully integrated BASES into the new PT program in February 2006.

The new program will provide consistency in the administration of physical training, educate recruits in proper exercise principles, and prepare them for vigorous shipboard duties. There is a focus on proper warm-up and cool-down sessions with planned exercise progressions and strategic recoveries. There is less emphasis on distance and cadence running.

BASES is conducted once a week on Saturdays. There are 12 stations, with 12 recruits per station paired up with other recruits from different divisions to promote team building. Paired groups execute each station for three minutes at their own pace.

The 12 stations of BASES consist of: assisted dips, agility rings, shoulder press (strength bands), line handling with heavy bag, squats (strength bands), jump rope, four-man rescue carry, step-up boxes (with and without kettle weights), stores on-load (with medicine balls), assisted chin ups, track sprints with push-ups and sit-ups, and a hydration station.

"It really requires a team effort," said ETC(SW) Carlos Griffin, leading chief petty officer at Freedom Hall at RTC. "It breaks the monotony of the regular PT pro-

gram and the recruits love it." The purpose of this evolution is to help recruits develop functional skills such as bending, lifting, pulling, climbing and carrying that correlate with actual shipboard duties. It was developed through the collaborative efforts of Naval Service Training Command (NSTC) and Recruit Training Command (RTC) staff members with input from other services.

As a result of the new PT program, RTC has seen a 20 to 37 percent reduction in lower back and lower extremity overuse injuries, and lower extremity stress fractures in both males and females.

Fitness instructors may also change with the program. They may receive training through the Cooper Institute to not only learn more about physical fitness training, but also to learn about proper nutrition. The completion of this training would result in a "Master Fitness Specialist" certification.

Improved fitness is not only a concern at RTC, but at TSC as well. Cmdr. Scott Jonson, sports medicine researcher and physical training analyst at NSTC Great Lakes said, "We are currently conducting an 'A' School PT program pilot. It is part of a strategy to create a scientifically-based, standardized "physical fitness continuum" for enlisted personnel from basic military training to the fleet." The strategic plan for this physical training is to ultimately integrate the program with the fleet development/sailor training continuum (SVM).

"Analysis of the program is ongoing," said Jonson. "Our next analysis will include both the new PT program and our new running shoe program." The analysis will target injury rates, performance improvement, and physical readiness training failures.

# Chief uses parachute plunge to say goodbye to active duty

By MC2 ALEXIS R. BROWN  
Navy Compass

Senior Chief Explosive Ordnance Disposal (EWS/SW) Mark Diehl rode out to the San Diego Sky Dive facility in Jamul, Calif., July 7 with more in mind than just another skydiving adventure. Sure, he is a certified Naval parachutist so jumping out of a plane is not anything new to him however, this particular jump held more memories than the others.

This parachute jump marked the last time that Diehl jumped out of a plane as a senior chief petty officer in the United States Navy.

Shelly Diehl, Mark's wife, said "Mark came up with the idea. He wanted to do something different and just thought that it would be fun."

Diehl, along with his retiring officer, Lt. Cmdr. Martin Anderson, and fellow shipmates took a plunge to the earth to celebrate Diehl's entrance to his retirement ceremony with a unique style.

After 26 years of Navy service, Diehl said his goodbyes to the Navy and retired from active duty but not from the career field he loves so much. He will return to Explosive Ordnance Disposal Training and Evaluation Unit 1 as a contractor.

"I am going to miss the Navy and I'll miss the people the most. I am just happy

I will remain around to support the cause and support the DOD community and fight the war on terrorism."

Diehl said that he remembers when the EOD community was about 350 (Sailors) in the entire Navy and the goal now is to grow to 1,000.

"We haven't met that goal, but right sizing and different things will affect those numbers," said Diehl.

"Obviously with current events, we're staying very busy and we actually can't get enough people to school right now to fill the classes."

He added that every service needs EOD technicians right now and it is a tough job.

"It has definitely changed for me. It was a very small picture when it came to major exercises - RIMPAC (Rim of the Pacific) involvement - different things to now where we're involved and have a major role in fleet exercises and involvement with ships and operations and other services," Diehl said.

The EOD community formed its own rating June 1. The dangerous job dates back to the early 1940s where there was a vital need for individuals to care for and dispose of unexploded ordnance. Diehl is the first Sailor in San Diego to retire from the Navy under the new rating.

# Voting information news: A roundup from the Federal Voting Assistance Program (FVAP)

## Frequently asked questions during the primary season

### 1. Am I registered to vote?

To check the status of your voter registration, contact your State or Local Election Office. The Federal Voting Assistance Program Web site has a listing of all the State Election Office's Web sites. Simply visit our Web site at [www.fvap.gov](http://www.fvap.gov) and select the State Election Site. Once at this homepage, you'll find a great deal of election information including how to contact your local election office.

Seven states, as well as the District of Columbia, and Puerto Rico, allow you to check your voter registration status online. The states providing this online service are: Kentucky, Louisiana, Michigan, North Carolina, Delaware, South Carolina, Virginia. Visit this Web site for more specific information on registering in these states: [www.fvap.gov/vao/stregissites.html](http://www.fvap.gov/vao/stregissites.html).

### 2. Where am I registered to vote?

In order to determine where you are currently registered to vote, contact the election office where you last resided in the United States. If you are unsure of the county you live in, visit [www.fvap.gov](http://www.fvap.gov) and select "What is My County."

### 3. How do I change where I'm registered to vote?

In order to change the jurisdiction where you are registered to vote you must change your residency. Changing one's residency requires that you are physically present in that location and have the intent to remain a resident. Whenever you move into a new county or state, you should always contact the local election office to inform them that you have changed your address. Communicating with your local election office is the best way to help them help you. You can also signify that you have a new address by filling out block 6 in the FPCA. If you have previously registered to vote in a jurisdiction other than the one in which you are applying, indicate "previously registered in (location)." In order to obtain more information regarding this procedure you can visit [www.fvap.gov](http://www.fvap.gov) and select "State by State Instructions."

### 4. What do I do if I haven't received my ballot but I sent FPCA in on time?

One of the best ways to check on the status of your FPCA is to contact your Local Election Office. Any questions regarding FPCA status should be addressed to them. To find out when your state mails out ballots, refer to the 2006-07 Voting Assistance Guide (found online at [www.fvap.gov](http://www.fvap.gov), select "State by State Instructions"). If election day is drawing near, use the Federal Write-In Absentee Ballot to vote.

### 5. Do I need a notary on my FPCA?

Out of the 50 states, the four U.S. territories and the District of Columbia, 50 do not require a notary on the FPCA. The five that do require a notary on the FPCA are: American Samoa, Michigan (only applies to civilians), Minnesota, Puerto Rico, and Vermont. In order to check the status of your state's rules regarding notary requirements go to: [www.fvap.gov/vao/notaryreqts.html](http://www.fvap.gov/vao/notaryreqts.html).

### 6. Can I Be Registered In Two Different states?

Voting rights for the state you claim apply when you can provide proof of residence, ie: driver's license, water/gas bill, etc. (Each state's requirements are different, check with your state's election board to see what they require). You may only have one legal residence at a time, but uninformed service personnel and their family members may change residency each time they are transferred to a new location. If you continue to receive voting materials from your old county, notify the election board to remove you from their local voter list.

### 7. What are the implications for registering where I'm stationed?

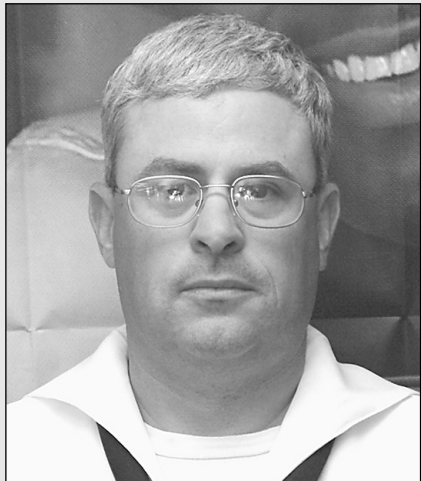
Exercising your right to vote in elections for Federal offices only does not affect the determination of residence or domicile for purposes of any tax imposed under Federal, state or local law. Voting in an election for Federal offices only may not be used as the sole basis to determine residency for the purposes of imposing state and local taxes. If you claim a particular state as your residence and have other ties with that state in addition to voting, then you may be liable for state and local taxation, depending upon that particular state law. Consult your legal



GSM1(SW) Derek Huff uses step up boxes with kettle weights to simulate going up and down ladderwells aboard ships. This BASES station helps to improve agility, balance, coordination strength and stamina. Photo by MC1(AW/SW) V.K. Schaefer

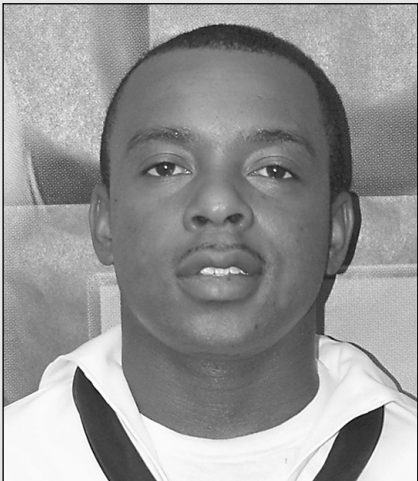


## ★ TSC Ship in the Spotlight ★



### STAFF:

**NAME:**  
HT1(SW) Michael W. Marden  
**HOMETOWN:**  
Harvard , Ill.  
**AGE:**  
39  
**PREVIOUS COMMAND:**  
ACU- 4  
**HOBBIES:**  
Fishing and Airbrushing.  
**GOALS:**  
To advance to chief petty officer and retire.  
**JOB BEFORE THE NAVY:**  
Service station attendant



### STUDENT:

**NAME:**  
MM3(AW) Roney Tucker  
**HOMETOWN:**  
Youngstown, Ohio  
**AGE:**  
24  
**PREVIOUS COMMAND:**  
USS Ronald Reagan CVN- 76  
**CURRENT SCHOOL:**  
BECC/MOD 7  
**GPA:**  
91 percent  
**HOBBIES:**  
Basketball and football  
**GOALS:**  
To advance quickly and serve proudly  
**JOB BEFORE THE NAVY:**  
Student



### SHIP'S HISTORY:

Four ships have been named the USS North Carolina in honor of the 12th state.  
USS North Carolina (BB-55) is the fourth ship in the U.S. Navy to bear the states namesake, commissioned in 1941 and armed with nine 16-inch guns and ten twin 45 caliber mounts, she was labeled the “Worlds Greatest Sea Weapon”. The USS North Carolina was involved in several of the major offensive attacks in the Pacific and earned 15 Battle Stars.

### BEQ STATS:

1. The USS North Carolina (BEQ 631) can house up to 400 engineering students.
2. The USS North Carolina gained fourth place in the last Pass in Review
3. The USS North Carolina gained first place in the 2005 Winterfest and the last two Ultimate Command Challenges.
4. FQA flags the ship carries include: Scholastic, Star, Athletic, and UCC flag.
5. Recruit Review Graduation May 5, 2006, Divisions 153 – 160 and 924.

## Honormen, Award Winners at the Recruit Graduation Review



**SR Cory Borsella,**  
**Gainesville, Fla.**  
**Academic Excellence Award**

Each Honor Graduate and Award Winner will receive the Commanding Officer's commemorative coin in Recognition of their superlative achievements during recruit training. The Honor Graduates for this week's Recruit Review graduation is as follows:

SR Justin Miles, Division 225, Lincoln, Neb.  
SR Henry Berkowitz, Division 226, Denver, Colo.  
SR Michael Brodnicki, Division 227, Cocoa, Fla.  
SR Christopher Mateo, Division 228, Denver, Colo.  
SR Dennis Manoag, Division 229, Keauu, Hawaii  
SR Christopher Griffin, Division 230, Jackson, Miss.  
SR Joshua Nirichi, Division 231, Momence, Ill.  
SR Brandon Greenberg, Division 232, Phoenix, Ariz.  
SR Kristian Parrilla, Division 936, Montague, N.J.

The Recruit Chief Petty Officers for this week's Recruit Review graduation is as follows:

SR Joshua Chumbley, Division 225, Flower Mound, Texas  
SR Roland Orr, Division 226, Dayton, Ohio  
SR Brandon Dumas, Division 227, Everett, Wash.  
SR Micah Simmons, Division 228, Lemoore, Calif.  
SR Nicholas Thibault, Division 229, Raleigh, N.C.  
SR Andre Mckenzie, Division 230, Slidell, La.  
SR William Plaas, Division 231, Sevierville, Tenn.  
SR Berry Goldwire, Division 232, Cloyo, Ga.  
SR Shaina Vargas, Division 936, Bronx, N.Y.

The following individuals are Award Recipients for this week:



**SR Shatona Smith,**  
**Arlington, Texas**  
**Navy League Award**



**SR Edward Garafalo,**  
**Bridgeville, Penn.**  
**USO Shipmate Award**



**SR Mariacristina Navaja,**  
**Pembroke Pines, Fla.**  
**Merit Award**



**SR Mark Paranica,**  
**Placedo, Texas**  
**Leadership Award**



**SR Michah Simmons,**  
**Lemoore, Texas**  
**Military Excellence Award**





# Viewpoint



## Readers Speak Out

This week the *Bulletin* asks its readers, “If someone offers you a trip to any foreign country, where would you choose to visit and why?”



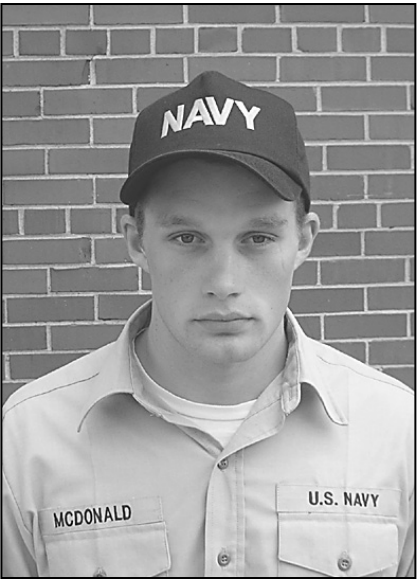
“New Zealand, specifically Wellington and Christchurch. The people are fantastic and the country is about the prettiest I have ever seen.”  
Vern Van Mater



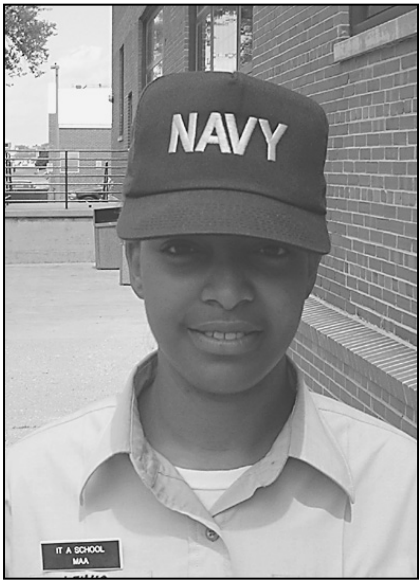
“Rome, Italy. I would like to take my wife there. I have been there and I would like her to see the beauty, that is Rome!”  
Todd Porthouse



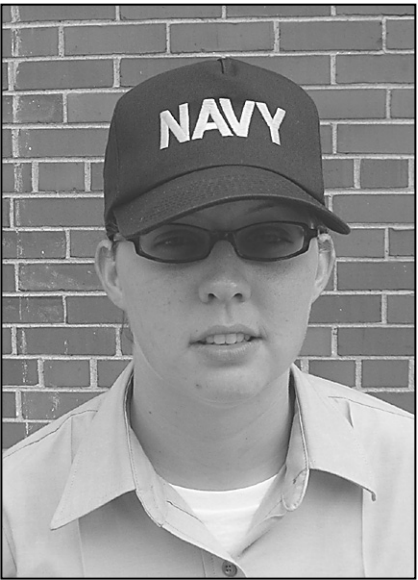
“Italy, specifically Napoli, because of the castles, its ancient and historic construction and its history.”  
Mary Heydarwan



“Japan, because of its cars and technology.”  
ITSR Justin McDonald



“Africa, specifically South Africa because of its great beauty.”  
ITSN Tenisha Lewis



“Somewhere in South America. I would love the jungle culture because it is real.”  
ITSN Heather Matthews



## How to reach us

Phone Numbers:  
Office: (847) 688-4808  
Fax: (847) 688-4945

Paul Engstrom .....paul\_bulletin@yahoo.com  
Judy Lazarus .....jlazarusglakes@yahoo.com  
Jim Boylan .....jboylan@nwnewsgroup.com

## WHAT happened WHEN

A look back at historic Great Lakes

### 40 years ago

#### Formal titles for chiefs

The service is changing the way enlisted men will be addressed in formal introductions and at award ceremonies. The change is based on a recommendation from the Retention Task Force and is designed to give new recognition to enlisted rank status. Beginning at the top, E-8s and E-9s will be will no longer be referred to as plain “chiefs.”

recently cited by the City of Chicago for their efforts to save a Chicago policeman from drowning in Lake Michigan in Chicago. According to Chicago Police the three Sailors jumped into the lake in a vain attempt to save the patrolman.

### 20 years ago

#### BEQ awardees named

The Naval Administrative Command and the Recruit Training Command were named winners from the Ninth Naval District for the BEQ Management Award. As winners they represented COMNINE in the competition for the Admiral Elmo R. Zumwalt Award for BEQ Management for 1976. Winners were announced in December.

### 30 years ago

#### Sailors cited

Three Service School Command students, FR Mark Merideth, FR James Sleeper and FR James McInnis, were

## Snapshot

### Name:

Susan Shank

### Hometown:

Lake Bluff, Ill.

### Job title:

Management program assistant/HRO liaison Admin. Dept., Military Medical Support Office.

### Time in position:

1-1/2 years

### What do you enjoy most about working at Great Lakes?

The stimulating environment and challenging opportunities, my involvement with several committees which provide me with the opportunity to volunteer, and access to athletic facilities and the beautiful lakefront.

### Childhood ambition:

To become a music therapist

### First job:

Summer employment in a local drug store.

### What do you enjoy doing in your spare time?

Reading, writing, running, cycling, kayaking and learning chess.

### Dream car:

I don't have one. I have a dream bicycle. A custom Mondonico Italian steel road bike.

### Favorite music artist:

Antonio Vivaldi

### Favorite book:

The Little Prince

### If you could meet any person - alive or dead - who would it be?

Aristotle

### Your perfect day:

An early morning run to watch the sunrise at the beach, reading a good book or playing chess, an evening spin on my bicycle, star gazing through my telescope.

### Your hero:

My father. He instilled in my an emphasis on moral and ethical values as well as the importance of volunteering and remaining compassionate towards others.



Susan Shank



# Information, Tickets & Travel

## Building 400, 688-3537

Information, Tickets and Travel (ITT)  
Bldg. 400, 688-3537  
Hours of Operation  
Mon.-Fri.: 10:00 a.m.-5:00 p.m.  
Sat.: 9 a.m.-1 p.m.  
Sun. & Holidays: Closed

### TSC & Hospital Corps School Students... Redeem MWR Gold Card Scratch-off Prizes at ITT!

With built in discounts and ongoing specials, the Gold Card is a great tool for tons of savings at various MWR locations. The card also has a "scratch-off" component for instant prizes including Free Bowling Passes, Free Movie Passes, NEX Gift Certificates (\$25/\$50 & \$100) and top prizes including a Round Trip Airline Ticket! All scratch-off prizes redeemed at the ITT Ticket Office-Bldg. 400.

### Chicago Cubs

Chicago Cubs baseball tickets will go on sale on Mon., Aug. 7 to ACTIVE DUTY MILITARY, ONLY for September/October games. Please have your ID ready - when you come in to purchase tickets.

Any remaining games will go on sale to all base personnel on Tues., Aug. 8. All September/October tickets cost \$52 each.

September/October Game Schedule:

Sat., Sept. 2; TBD vs SF  
Sun., Sept. 3; 1:20 p.m. vs SF  
Sat., Sept. 16; TBD vs CIN  
Sun., Sept. 17; 1:20 p.m. vs CIN  
Tues., Sept. 26; 7:05 p.m. vs MIL  
Wed., Sept. 27; 7:05 p.m. vs MIL  
Sat., Sept. 30; 7:05 p.m. vs COL  
Sun., Oct. 1; 1:20 p.m. vs COL

Restrictions: Limit two tickets per person, one game per month. There is absolutely zero tolerance in the resale of ITT's tickets. When you purchase your ticket and sign your name to it, you are bound to that agreement. See posted signage for details.

### Chicago Bears Preseason Tickets!

Aug. 18 - Bears vs. San Diego @ 7 p.m.  
Aug. 25 - Bears vs. Arizona @ 7 p.m.  
Please call the ITT Office for further details.

### Bristol Renaissance Faire

The Bristol Renaissance Faire is a magical, theatrical re-creation of a 16th century English village, celebrating the food, games, crafts, music and sport of the Elizabethan age. Hundreds of costumed performers offer continuous entertainment on 16 open-air stages and in the shaded village streets. This merry stroll through history is unparalleled fun for the whole family. The Faire runs on Saturdays and Sundays throughout the summer in Bristol, Wis. from July 8-Sept. 4 (Labor Day-Monday), 10 a.m.-7 p.m. ITT ticket costs are as follows: \$18 for adults and \$9 for children.

### Six Flags Great America/Hurricane Harbor Waterpark

Purchase your daily and season passes for Six Flags Great America, which includes the new Hurricane Harbor Waterpark at the ITT Office. Admission: \$38 - Adults; \$36.25 - Children (under 54"); Two-Day Pass - \$55; Season Pass - \$90 per person.

### Ramada-Waukegan offers a special \$79

The Ramada-Waukegan, located at 200 N. Green Bay Road, offers all Great Lakes Naval Training staff, recruits and families a special \$79 rate. Six Flags packages are also available with discounted tickets to the park, hot breakfasts and overnight stays included. Enjoy our variety of amenities: Indoor pool, hot tub, sauna, gift shop, exercise room, restaurant and lounge. Please call (847) 244-2400 to book your next overnight stay at the Ramada-Waukegan.

### Military Ticket Vouchers (MTV)

Through the Military Ticket Vouchers (MTV) program, ITT Offices can provide their customers discounted pre-paid admission to theatres, theme parks, museums and other attractions throughout North American. Military Ticket Vouchers can also be used to save significantly on the cost of lodging reservations at hotels and resorts throughout the U.S. Call today to for a list of attractions at 688-3537.

### Leisure Travel Office at ITT...

The MWR Department's ITT Office now offers a full service Leisure Travel Office. An experienced travel agent will be "on-site" on Mondays and Wednesdays from 10 a.m.-5 p.m. to handle leisure travel needs including...

- Air travel at special Military discounts!
- Emergency and dependant travel!
- Off duty and leave (vacations)!
- Tours and cruises, many at Military discounts!

The Leisure Travel Office may be reached directly at (847) 234-5877; they may also be found on the web at [www.gofox.com](http://www.gofox.com).

### Noah's Ark - America's Largest Waterpark!

Residing on 70 acres in the heart of Wisconsin Dells, Noah's Ark, America's Largest Waterpark, boasts 41 waterslides, two huge wave pools, two endless rivers, four children's water play areas, Paradise Lagoon activity pool, two group amusement rides, 18-hole mini golf, three arcades, shopping, gourmet desserts and much more! Noah's Ark is continually evolving, offering the most variety of water rides anywhere in the nation. This summer

is no exception with the introduction of "Time Warp" the world's largest family bowl ride. The ticket cost is only \$25 each at the ITT office. Chicago!

### Commemorative Bricks

Etch your name in Great Lakes' history by purchasing a commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today!

### Welcome Lodging offers discount rates

Welcome Lodging of Waukegan is offering extra low rates for all base personnel-starting at \$49/night, which includes their fabulous breakfast bar. Quality rooms may be enjoyed at a great price and located just three miles north of the base at 619 S. Green Bay Rd. Call (847) 662-3200 for reservations today! Use code \*NVGL\* when booking your reservations. [www.welcomelodging.com](http://www.welcomelodging.com)

### Holiday Inn Hotel & Suites Chicago Downtown

Now serving Great Lakes with discounted rates from \$89/Night (King or two double beds). Located on Harrison St. at Canal St., four blocks south of the METRA Kenosha North Line stop and two blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's.

Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional information or visit [www.hidowntown.com](http://www.hidowntown.com). For advance reservations, call (312) 957-9100 and ask for the NAVY rate.

### Laugh a lot at ComedySportz in Chicago

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

### ITT is now selling Navy Pier - Spirit of Chicago Harbor Cruises!

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

# ★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone.

Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., July 28  
6 p.m.



# CARS

G-Action/Adventure, Comedy, Kids/Family and Animation.  
(114 Min.)

Fri., July 28  
8:30 p.m.



# THE FAST AND THE FURIOUS TOKYO DRIFT

PG 13-For reckless and illegal behavior involving teens, violence, language and sexual content. (98 Min.)

Sat., July 29  
7 p.m.

Doors open at 4:30 p.m.

# FREE Sneak Preview!

PG 13

# WORLD TRADE CENTER

A true story of  
courage and survival.



Sun., July 30  
3:30 p.m.



# GARFIELD A TAIL OF TWO KITTIES

PG-For some off-color elements. (80 Min.)

Sun., July 30  
6 p.m.



# NACHO LIBRE

PG-For rough action, and crude humor including dialogue.  
(91 Min.)

The movie schedule is subject to change without notice.

For up-to-date information,  
call the MWR Scoop Line at 688-2110, ext. 697,  
24 hours-a-day or check the web site at

[www.mwrgl.com](http://www.mwrgl.com)



# Places to dine • Places to go

## Pub 140 Staff Lounge, Bldg. 140, 688-6946

Pub 140 offers a "Grill Your Own" menu: steaks, hamburgers, salmon and chicken breasts. Come and enjoy the beautiful Lake Michigan view, and pleasant atmosphere. Play Instant Win Bingo for cash prizes in Pub 140.

PUB 140's hours of operation are Wed.-Fri., 4-9 p.m. PUB 140 is open to all staff members and is located in the Port O' Call in Bldg. 140. Pub 140 has a wide screen TV. For more information, call 688-6946.





# Chaplain's Corner



## Leadership and mentoring according to the Gospel of Mark

By **CAPT. MARK E. JOLIVETTE**  
Chaplain Corps, USN

In the Christian Scriptures, the Gospel of Mark (chapter 6) has a great story on leadership and mentoring. Jesus sends out his twelve disciples two by two to do exactly the work that He has been doing. They are to preach, to cast out evil spirits, to heal the sick, and to announce the coming of God's kingdom.

They are not allowed to take a full sea bag. They cannot take an extra jacket, no changes of clothes, no money belt, no bags of munchies and food. They can only take a walking stick and their sandals. They were put to work even before they received a full uniform issue. They had no government credit card for security and back-up.

The time line of this Gospel story seems to indicate that all this is happening within months of their call to follow Jesus. In other words, they have barely raised their hands to respond with their oath of acceptance, and they have only recently finished their version of recruit training, and now they are being sent into action right away.

Now the story gets exciting. They succeed! Great things happen, not because they are fully equipped yet, or because they understand everything. They haven't even completed their full qualification testing, and yet what they have learned works exceedingly well.

They were well taught. They learned this immediately after getting their orders to this their new command. Their training worked as it should. They were surprised, but they should not have been. They were taught by the Master.

If one were to plan to build a world-wide church like the faiths which exist today, would you choose to build it this way on the work and witness of apprentices? This story tells us that Jesus did just that, and His Church grew beyond the expectations of any who followed His lead in the early years. He never stopped teaching, and His followers never stopped learning, but at every stage of their growth and work, they had what they needed to succeed.



Jolivette

This applies spiritually today. We do not need to wait until we know more about faith or God to begin to do what we have learned. Learning and doing are always tied together.

We don't need to wait until we have more experience or years or maturity. We have received exactly what we need, and because we do not understand it all, we probably have even more than what is required right at our fingertips.

This applies to our military career. I lift up all who teach and all who learn at all the various commands in this region. Mentorship involves both the giving of training and the sending out of the ones who are well taught. In this Biblical story, the followers of Jesus experienced great joy when they learned this. They saw the results. We should expect exactly the same today, time after time.

So we send out the apprentices. We live in the expectation of great things to come!

Chaplain Jolivette is the chaplain for Navy Reserve Readiness Command Region Midwest, and will soon be the deputy chaplain for Navy Region Midwest. He is a parish pastor in downtown La Crosse, Wis.

Worship today in the faith of your choice

## Reserve and active-duty chaplains training together

By **MC1 (AW/SW) V.K. SCHAEFER**  
NSTC Public Affairs

Reserve and active duty chaplains came together for a religious ministries workshop this week at Naval Station Great Lakes.

Over a year ago, Capt. Lewis Brown, regional chaplain at Naval Station Great Lakes, proposed to combine an educational opportunity for active duty with required reserve training. This year will be the second year to hold Active Reserve Integration (ARI) training.

"Reserve chaplains have to gather for training every year," said Capt. Mark Jolivette, Reserve Readiness Command chaplain and a Lutheran pastor in La Crosse, Wis. "So we said, 'Let's do this training together (with active duty chaplains).' Let's use expertise from both pools of personnel."

The workshop is three days. Training

was given on sexual assault and violence intervention and response on the first day and followed by reserve issues and the active reserve integration at Recruit Training Command on the second.

The final day held a professional development workshop. Lt. Cmdr. Neitzke, a Catholic priest in Joliet, Ill., gave training on emotional intelligence. "When we are in touch with our emotions and how that plays into our decision making, we become more effective agents of change," said Neitzke. "This training gives us a deeper understanding of what we do and why we do it."

In-depth training on emotional intelligence will be required for all chaplains by next fiscal year. The training done in this workshop is all part of qualifications that are leading up to the Five Vector Model (5VM). The chaplain corps will be the first officer community to use the 5VM on NKO.

## Liberty behavior and why it is such a big deal

By **(SS/SW) R.D. WEST**  
PACIFIC FLEET MASTER CHIEF

Hoo-yah, Warriors! This week I wanted to focus attention on a topic I hear quite a bit about – liberty behavior. Now before everyone starts to tune me out let me say up front, I'm not going to lecture.

I've gotten a lot of questions about why commands – especially our overseas/FDNF commands – seem to take a hard line on liberty and liberty behavior. Fair enough. Let's talk about it, but you'll have to forgive me if I talk about my own front yard. So why is liberty so regulated in overseas places like Japan? Would you believe me if I said it has strategic and diplomatic importance? Let me share with you some examples — positive and negative — that may help you understand the importance of our behavior and actions while on liberty.

HMC Donald Schrader, assigned to USS Kitty Hawk (CV 63) was recently honored by the Good Conduct Association of Japan, a non-profit organization under the control of the Prime Minister's office of the Japanese Government.

While he was on liberty, Schrader saved an eight-year-old Japanese boy from drowning in a hotel pool in Guam.

MACM Robert Ford of Commander, Fleet Activities Sasebo's Security Department spent his liberty time coordinating a US-JMSDF Joint Sports Day in July 2005 as well as volunteering as an English teacher for Sasebo citizens.

AC2 Kathy Kerr, of the Naval Air Facility Atsugi Air Operations Department

takes liberty time to teach English to Japanese elementary schoolchildren and to Japan Maritime Self-Defense Force personnel.

Those are just three examples of what some of our Warriors are doing with their liberty time.

So what's the strategic value in all this? Well, Schrader is getting the prime minister of Japan's attention.

As we work toward forward-deploying a nuclear-powered aircraft carrier to Japan for the first time, it is important for the prime minister to understand that our Warriors are respectful neighbors to our Japanese hosts. Oh by the way, like our leaders in America, the prime minister answers to the people of Japan.

They are the same civilian and military people learning English from Kerr and Ford.

They all have a good impression of the Navy.

They understand us, they know what we stand for, and they want us around. So here's another story, very short and simple, but still very strategic.

A Sailor was out later than he should have been, he didn't have a liberty buddy to back him up, and he drank a lot more than he should have.

Then he decided to beat a Japanese woman to death while robbing her. Shipmates, potentially these types of tragedies can wipe away the good work and behavior of hundreds of our fellow Warriors

—See **LIBERTY** page 26

## Command Religious Program Schedule

### Catholic

Sun., 9 a.m. Sunday Mass .....Bluejacket Memorial Chapel  
Sun., 10:30 a.m. Sunday Mass .....Naval Hospital All Faiths Chapel  
Sun., Noon Sunday Mass .....Forrestal Village Chapel  
Mon.-Fri., 11:45 a.m. Weekday Mass .....Bluejacket Memorial Chapel  
Sun., 10:30-11:30 a.m. CCD .....Bldg. 122  
Sun, 10:30 a.m. Catholics Seeking Christ .....Bluejacket Memorial Chapel

### Protestant

Wed., Noon Praise, Word and Worship .....Naval Hospital All Faiths Chapel  
Sun., 10:30 a.m. Contemporary Worship .....Bluejacket Memorial Chapel  
Sun., 10 a.m. Family Worship Service .....Forrestal Village Chapel

### Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m. ....Naval Hospital All Faiths Chapel

### Liturgical Protestant

Sun., 12:15 a.m., Holy Eucharist .....Bluejacket Memorial Chapel

Anglican priests Chaplains Allen (at Forrestal) and Ray (at Bluejackets), will co-lead this service. Worship follows the forms of the Book of Common Prayer and should be familiar to most Christians of a liturgical background. Holy Communion is open to all baptized Christians who seek and recognize the presence of Christ in the Eucharist.

*Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.*

### Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610



# SportScene

## Schedule your sports physical exam now

By GREAT LAKES MEDICAL CLINIC PUBLIC AFFAIRS

Round up all cowboys and cowgirls who live in Illinois or Wisconsin who are entering kindergarten, fifth or ninth grade; new to the area; changing schools; and/or in need of a sports physical and make an appointment for the month of August.

School physical examinations may include any or all of the following: height, weight, blood pressure, vision and hearing screening, growth and development, and any health, emotional or social concerns.

Call TRICARE at (800) 941-4501

for a 10-minute slot on Monday or Friday from 1 to 3 p.m. or, Tuesday or Wednesday from 9 to 11 a.m.. You may request your primary care manager.

Arrive 15 minutes before scheduled slot and have the appropriate school form completed with child's name and health history. School forms will be available in the pediatric clinic. Have shot records so all immunizations can be transcribed to school form. Any immunization needed will be given during this time.

Make a regular appointment with the primary care manager for any buckaroo who has ADHD, asthma or other chronic health condition.

## New yoga teachers career program offered

The College of Lake County, Continuing Education Department, is making a professional Yoga Teachers Training Certification program available beginning this fall. Completion of this two-semester program offers Certification as a Yoga Teacher and qualification to become a Nationally Registered 200-hour Teacher (R.Y.T.) with Yoga Alliance.

The program provides certification-required curriculum and experience practicum enabling you to pursue yoga with a professional identity.

The program coordinator is Joanne Wahrer, Director of YogaOptions, a nation-

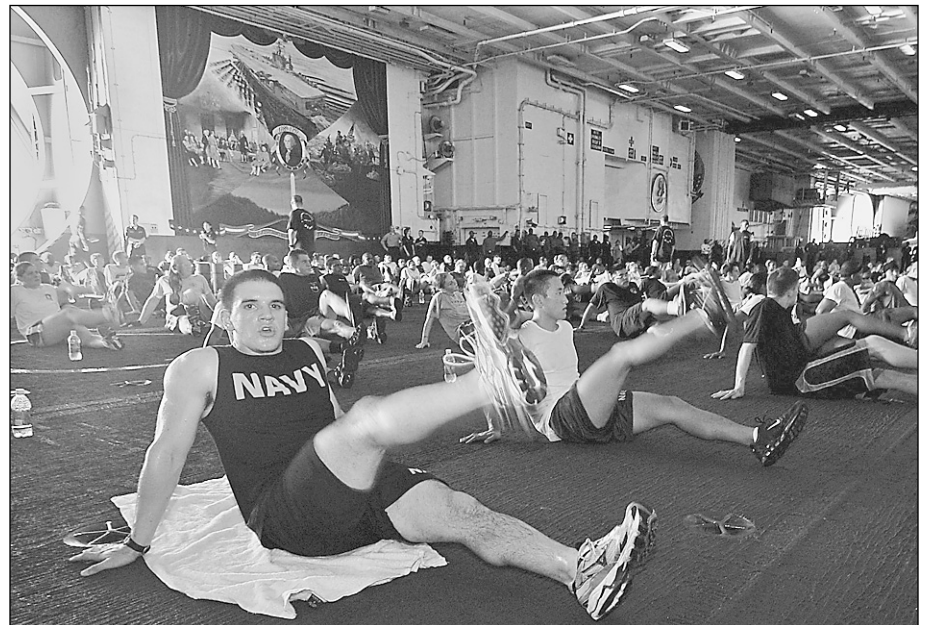
ally recognized Yoga Alliance school. Joanne is a highly trained and experienced yoga instructor.

"I am delighted to offer this wonderful opportunity for both yoga students choosing the teachers path, as well as those already teaching who wish to gain national certification," said Wahrer.

Teachers training to be held at the CLC Grayslake campus.

Registration is now being accepted through Aug. 19 at the CLC Continuing education department at (847) 543-2022.

For more details, visit [www.YogaOptions.com](http://www.YogaOptions.com).



### PT competition

Hundreds of USS George Washington (CVN 73) Sailors participate in "PT Til You Can't." The event lasted for three hours and prizes were awarded to the winners aboard the Nimitz-class aircraft carrier. George Washington is currently underway-conducting carrier qualifications. U.S. Navy photo by MCSN Tanner Lange

## Underwater tactics for catching summertime bass

By KEN COOK  
1991 Bassmaster Classic champion

When developing fishing patterns, I take into account every possible variable — especially latitude. Latitude is important in the spring months when bass in lower latitude regions like Florida and Alabama might already be in post-spawn patterns while bass in places like Minnesota and New York might still be in pre-spawn patterns.

But this is July, and no matter where you live or where you fish, you're fully aware that it's summertime. Patterns are especially important this time of year and the same one is applicable in most regions - be they north, south, east or west.

The best place to start patterning summertime bass is offshore. During the summer, the key to success is water quality. Wherever you find the best and most stable water quality, you will find the best and most stable bass fishing.

Though water temperature might be key in most seasons (especially springtime), "quality water" in the summer is determined by oxygen and pH levels. The process is reasonably simple and keeping an eye on these factors can improve your chances of catching more and bigger fish.

First, consider sunlight penetration, which is determined by the water's color and its effect on light penetration. Using something like a white spinnerbait, measure how far down you can the bait and figure that the sunlight most likely penetrates to twice that depth. By knowing about how far down the sunlight reaches, you then know how far down that plankton will grow.

Since the plants that make up a majority of this plankton need sunlight to grow, they will only be growing at the level that is twice the depth that you can see the white spinnerbait or shallower.

The growth of plankton causes a change in the pH and oxygen levels of the water. If the water you fish has a greenish color to it, you most likely have a lot of plankton meaning that the pH levels will vary greatly between times of sunlight and darkness. Because of this, fish will find the most stable water conditions in the water column at

the furthest reaches of the sunlight's penetration to keep from having to move every time the sun rises and sets.

Keep an eye on your electronics and try to determine at what depth you see the most fish activity — especially schools of baitfish. Though there can be several feet between most of the fish and the actual bottom (depending on water color and light penetration), this depth is important as you begin to fish off-shore structure.

Once you determine the key depth, look for bass cover in that area of the water column. Drop offs, ditches, weed lines and tree rows - any structure at that depth in the lake. Once you've found those, look to see where the edges of two or more of those structures intersect to find the key feeding and holding areas for bass. When these intersections contain ridges, points or other high spots in the bottom contour, they are

very attractive to bass because these features concentrate baitfish schools whenever they swim over, making them easy targets.

To target these bass, I rely on two techniques that have brought me a lot of success on the BASS tournament trail this year. The first is the tried-and-true Texas-rigged worm. My favorite rig consists of a tungsten sinker in three-sixteenths to three-eighths-ounce size depending on water depth and wind.

Another way to target summertime bass offshore is a technique I used in the recent BASS tour stop at Lake Oneida. My go-to lure during the tournament was a four-inch sinking minnow in a red glitter. I rigged the sinking minnow wacky style on a size- one hook tied to eight-pound fluorocarbon line with a one-eighth ounce tungsten drop shot weight about 10 inches below the hook.

There's lots of ways to catch fish during the summer, but understanding the keys to bass behavior can help you enjoy more productive days on the water and catch bigger fish. So if you plan to wet a line during these dog days, try heading off shore and figure out where the big ones are to improve your skills as an angler.

*Ken Cook is a 14-time Classic qualifier. A former fisheries biologist, Cook lives on his ranch in Meers, Okla.*

## Fitness & Sports Division

Courts Plus-Bldg. 4, 688-6750; Gym 80-H, 688-7692; Fieldhouse-Bldg. 440, 688-3419; Great Lakes Fitness Center-Bldg. 2A, 688-5649

All event/league registrations and manager's meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.

### 2006 5K Races

Race entry fee is \$ 12 per person/race! Register at the Field house (Bldg. 440) for each race. Sign five runners up from the same command and run as a team. The team cost is \$ 55 per team/race. The first 75 runners to register for each race will receive a free gift. All races begin at Courts Plus (Bldg. 4).

#### Schedule:

- August 3 at 5 p.m., Watermelon 5K Race
- Sept. 12 at 5 p.m., Video Day 5K Race

### Summer Fest Softball Tournament

Play in this fun Summer Fest Softball Tournament on Sat., Aug. 26. Registration (deadline) and a meeting is scheduled on Wed., Aug. 16 at 4 p.m. This is a double elimination tournament. Games begin at 9 a.m., and there after until a champion is crowned! All games will be played on Constitution Field.

### On-base swimming options...

The following on-base swimming

options are available: Indoor Pool (Field house-Bldg 440) and Nunn Beach (lake-front). The Indoor Pool hours of operation are as follows: Mon., Wed. and Fri.: 6-8 a.m. (lap swim); Mon.-Fri.: 11 a.m.-1 p.m. (lap swim); Mon, Wed, Fri.: 1-5 p.m. (open swim); Mon.-Fri.: 4-5 p.m. and 6-8 p.m. (open swim) and Sat.: 11 a.m.-3 p.m. (open swim). Nunn Beach's hours of operation are as follows: Thurs., Fri., Sat., Sun. and holidays: noon-6 p.m. For more information, call the aquatics branch at 688-3419.

### Lake Bluff Pool Passes!

The Fitness and Sports Division is selling Lake Bluff Pool passes at the Fieldhouse (Bldg. 440). Tickets cost \$3.50 each, or purchase a bundle of 10 tickets for \$30. Once sales are final, there are no refunds. For further information, call 699-3419.

### Water Aerobics

Water Aerobics are scheduled every Tuesday and Thursday from 6:30-7:30 p.m. The cost for 10-classes is \$25 and for 20-classes is \$35. Meet our newest aerobics instructor, as she gets your feet movin' and body groovin'!

### Water Polo Wednesdays

Play water polo every Wednesday from 5-6 p.m. Sign your team up today to complete in a fast paced water polo match! Challenge teams from other units, barracks, or your own unit! Don't miss the fun!



# Abraham’s Lincoln’s moral and political philosophy

By LT. CMDR. YOUSSEF H. ABLOUL-ENEIN  
Bulletin Book Reviewer

*Lincoln: A Life of Purpose and Power* by Richard Carwardine. Published by Alfred A. Knopf, New York (www.aaknopf.com). 326 pages, 2006.

Richard Carwardine is a Rhodes professor of American History at England’s Oxford University. He is the first British scholar to be awarded the prestigious Lincoln Prize in 2004. This prize is offered annually by Gettysburg College for best book in nineteenth century American history.

What distinguishes this Lincoln biography is that it probes the evolution of Abraham’s Lincoln’s moral and political philosophy. It examines how he drew strength from public opinion and his political party. It also delves into Lincoln as a wartime president who recognized the potential and limits of executive power.

The book opens with Lincoln’s self-education, in 1840s America, people were defined by whom their parents were, and it was not easy for youngster of a farmer or blacksmith to easily leave the family trade and reading was considered by those who earned wages through the land to be a luxury and a sign of laziness.

Lincoln was extraordinary in that he was able to ignore convention and spend hours each day reading Shakespeare, law books, newspapers and anything he could get his hands on. He would walk miles to borrow a book from a wealthy neighbor and had an appetite for mental drill, doing calculations on a wooden shovel and then wiping clean and starting over.

As a lawyer, his partners and colleagues noted he had ambition but not to amass wealth, his ambition was geared towards

upholding principals, self-improvement and the improvement of his community and State. Readers will learn that before going to Washington in 1861 to assume the Presidency he told his law partner William Herndon that his purpose was to preserve the Union and Constitution.

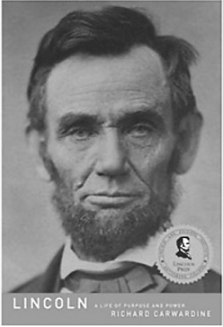
He had formed in his ideas and is reflected in his speeches given as he made his way to Washington, that the Union was founded on certain principles and that the preservation of the Union and the principles embodied in the Declaration of Independence were one and the same. This would drive him to bring out political theories he kept from the public in an effort to compromise with states succeeding from the Union.

When his efforts did not result in his original designs of preserving the United States, he brought out ideas he had last made public in his debates against slavery in the 1850s, a combination of theo-

logical reflection, and political ideals would result in the 1862 Emancipation Proclamation. This document ranks among the crown jewels of American political thought and arguable ranks among the top ten documents that shaped the American character, others of course being the Declaration of Independence, Bill of Rights and the Constitution.

Readers will gain new insight on Lincoln, our sixteenth President. Lovers of American history and the Civil War will enjoy this book.

*Editor’s Note: Aboul-Enein is a Middle East policy advisor at the Office of the Secretary of Defense for International Security Affairs. He acquired a passion for the Civil War while an undergraduate at the University of Mississippi. Aboul-Enein wishes to thank the Quince Orchard Library in Gaithersburg, Maryland for acquiring this book through inter-library loan.*



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### NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5.

Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8.

Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship Windy offers free rides to military in Uniform.

*For information on all USO, special events go to [www.uso.org/Illinois](http://www.uso.org/Illinois) and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday – Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.*

## July’s Yards of the Month



Capt. Richard J. Postera, wife Kathy, sons Avery and Rich won the main-side yard of the month award from Daphne Jones, Forest City residential service specialist.



Marinella Mapalad, wife of Petty Officer 1st Class Glenn Mapalad, stands with son Glieder, on the lawn of their winning Nimitz Village home.



Chief petty officer Kevin Woods and wife Judith, took July honors for their Forrestal Village home.



Lt. Mike Essig, wife Keow, son Dougie, and family pet, Porter, won the Nimitz Village award.





U.S. Marines assigned to the 24th Marine Expeditionary Unit assist U.S. citizens departing from the American Embassy in Beirut, Lebanon. At the request of the U.S. Ambassador to Lebanon and at the direction of the Secretary of Defense, the United States Central Command and the 24th Marine Expeditionary Unit (24 MEU) are assisting with the departure of U.S. citizens from Lebanon. *U.S. Marine Corps photo by Cpl. Jeffrey A. Cosola*



The amphibious transport ship USS Nashville (LPD 13) is seen from the deck of the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7), anchored just off the coastline of Beirut, Lebanon. *U.S. Navy Photo by MC1 Robert J. Fluegel*



U.S. Sailors aboard the amphibious transport dock USS Nashville (LPD 13), assist arriving civilian personnel from one of the ship's landing craft utility (LCU) vessels. *Navy photo by Petty Officer Taylor*

# Lebanon evacuation nearly done

**U.S. military helped pull out more than 8,000 Americans**



Beirut, Lebanon – Departing citizens make their way to a waiting U.S. Navy landing craft utility (LCU) vessel, for transport to the amphibious transport dock USS Nashville (LPD 13). *U.S. Navy photo by Petty Officer Taylor*

LARNACA, Cyprus — The commander in charge of the effort to get Americans out of Lebanon said Monday that almost everyone who wants to leave the country has already been pulled out, and the military will soon begin a significant withdrawal.

“It appears almost all of the Americans who wish to depart Lebanon have departed,” said Marine Brig. Gen. Carl Jensen, commander of Task Force 59.

By Monday evening, July 24, more than 12,000 Americans had been pulled out of Lebanon in a week, more than two-thirds of them by military assets, Jensen said.

Most were taken out via the island nation of Cyprus, though about 1,600 were taken through ports in Turkey, he added.

The effort reached a crescendo at the end of last week, when up to 4,000 were being evacuated daily, but on Monday “There were only a few hundreds of Americans that chose to leave,” Jensen said.

With the flow of people leaving the embattled country ebbing, the military soon will be pulling out, he said.

Jensen said the situation was still too fluid to give specifics on which units will be going where, but said substantial drawdown of operations was imminent.

“I would anticipate some immediate drawdown in the days to come,” Jensen said.

Some assets would remain in the area to “keep our powder dry,” he said, but could not comment on what the immediate future held for

some of the Task Force’s major pieces.

U.S. military units involved in the evacuation include: the USS Iwo Jima Strike Group and the 24th Marine Expeditionary Unit, with 2,200 Marines and sailors; three U.S. Navy ships currently assigned to Naval Forces Europe, including two guided-missile destroyers; Air Force C-130s and C-17s; the Air Force’s 352nd Special Operations Group from England; and medical personnel from Ramstein Air Base and Landstuhl Regional Medical Center, both in Germany.

“The immediate fate of the 24th Marine Expeditionary Unit and the Iwo Jima Strike Group has not been determined yet,” he said.

By the start of the week, the burden of Americans and other evacuees on Cyprus had been reduced, Jensen said, meaning that the need for flights of C-17 Globemaster IIIs would be reduced “dramatically,” by midweek.

The flights have been used since Saturday to take Americans from Cyprus to Ramstein and points onward.

“Every day, more Americans are leaving than are coming in,” he said.

In the meantime, the U.S. State Department will continue efforts to pull more Americans out of southern Lebanon.

Five hundred Americans had been evacuated from the area since the start of fighting in the area early last week, Jensen said.

**By Ben Murray**  
**Stars and Stripes**



A Sailors aboard the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) pass out apples to arriving U.S. citizens from Beirut, Lebanon. *U.S. Navy photo by Navy Lt. Karen Eifert*

Beirut, Lebanon -A young child watches as he is secured into his seat aboard a U.S. Marine Corps CH-53E Super Stallion helicopter of the 24th Marine Expeditionary Unit (24 MEU)in Beirut, Lebanon, for a flight to Cyprus. *U.S. Marine Corps photo by Gunnery Sgt. James H. Frank*



A Sailor processes paperwork for a woman boarding the amphibious transport dock ship USS Trenton (LPD 14). *U.S. Navy photo by Lt. Karen Eiffert*



Beirut, Lebanon - A Sailor gives candy to a child, before helping him and other U.S. citizens onto a landing craft utility headed for the amphibious transport dock ship USS Trenton (LPD 14). *U.S. Navy photo by Lt. Karen Eiffert*